1. Choose the recipe you will be making. Make a **new recipe** in food choices. Choose the lowest salt and highest fibre options available. Don’t forget to put the number of serves the recipe makes. Complete this recipe and save it.
2. Find the height and weight of your child. Go to <http://www.disabled-world.com/artman/publish/height-weight-teens.shtml> for an average height / weight chart for boys and girls. This will be a good guide for you.
3. Put this information into a **new food diary** in food choices – call it child’s food diary (or similar)
4. Plan the day’s food using the table below. Do this first to make sure you have covered the dietary guidelines.
5. Put your food plan into food choices. You will have to tweak the plan, depending on whether you have enough of the nutrients. I had to add dried fruit and carrot sticks as snacks etc
6. Look at the nutrients in the analysis table. Make sure you balance everything – this is quite tricky! You need to have enough of everything, but not too much of the nutrients with an upper limit. Don’t go over 100% for those. Check the exemplar on student public

**Exemplar: Ms Mac’s food plan**

|  |  |  |  |
| --- | --- | --- | --- |
| Food group: Number of serves /day | Number of serves | Planned food | Meal |
| Breads / cereals  5-7 | 1  1  1  1  1 | 2 weetbix  2 wholemeal saos  1 bread roll  2 wholemeal saos  ½ cup pasta | Breakfast  Morning tea  Lunch  Afternoon tea  Dinner |
| Vegetables  2 | .5  .5  1 | Salad on roll  Carrot sticks  Veges in pasta | Lunchtime  Lunchtime  Dinner |
| Fruit  1 | .5  .5 | ½ apple  ½ apple  2x ½ Canned apricots  20 sultanas  5 dried apple rings | Morning tea  Afternoon tea  Breakfast  Lunch  Afternoon tea |
| Milk, dairy  2 | .5  .5  1 | 125ml milk  1 slice cheese  1 cup mlik | Breakfast  Lunch  dinner |
| Meat, protein etc | .5 | 50g tuna | dinner |
| Extras  1-2 | 1  1 | 1 tsp butter  1 serve Milo powder | Morning tea  Dinner |
| Condiments |  | ½ tsp vegemite  1 tsp mayonnaise |  |
| Water | 1  1  1  1  1 | 200 ml  200 ml  200 ml  200 ml  200 ml | Breakfast  Morning tea  Lunch  Afternoon tea  Dinner |

You can see my exemplar by opening food choices and choosing the database ‘Penny Back up’.fcb in the task folder on student public then open ‘Child’s food diary’ and ‘penne pasta’. You need to do both of these for your task. Use these as exemplars of what you need to do.

**Your food plan:**

This is only the planning part so that you can check that you have everything from the dietary guidelines in one day. After you put it into food choices, you will see that it is probably not enough food – that is why at the end of the day, my food diary has ice cream added. Before that I had only used 85% of my energy, but one ice cream took it to 92%. Do some fiddling around with the food diary to get it right.

|  |  |  |  |
| --- | --- | --- | --- |
| Food group: Number of serves /day | Number of serves | Planned food | Meal |
| Breads / cereals  5-7 |  |  |  |
| Vegetables  2 |  |  |  |
| Fruit  1 |  |  |  |
| Milk, dairy  2 |  |  |  |
| Meat, protein etc  ½ |  |  |  |
| Extras  1-2 |  |  |  |
| Condiments |  |  |  |
| Water |  |  |  |